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# U.S. DEPARTMENT OF AGRICULTURE

## Office of Information



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# SNAP BEANS THAT *Snap* ... fine for freezing



Snap beans that really snap--the kind that are tender, crisp, and stringless--are fine young vegetables to store in a freezer. To keep them tender and crisp, freeze them before they lose garden freshness. Stringlessness is chiefly a matter of bean variety.

Allow  $\frac{3}{4}$  to 1 pound of snap beans, as picked or purchased, for filling each pint container. A pound is a good unit to work with, for it is about as many beans as you can effectively preheat at once in home kitchens. Main reason for heating vegetables before freezing is to slow down or stop enzyme action. Enzymes in the young vegetables help them grow and ripen, but allowed to keep on working freely enzymes would cause the food in frozen storage to deteriorate, losing flavor and color.

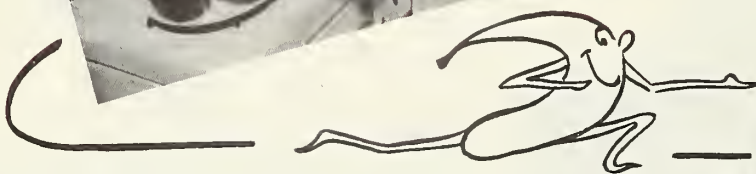
In these pictures, snap beans are prepared for home freezing by directions recommended by the Bureau of Human Nutrition and Home Economics of the U. S. Department of Agriculture.



1. Starting with fresh, tender beans, Marjorie Parvin, home economist in the Bureau, washes beans well, using several waters if necessary, and lifting beans out of the water, so as not to damage them. Then she snips off ends and cuts the beans into 1 or 2 inch lengths. 257A



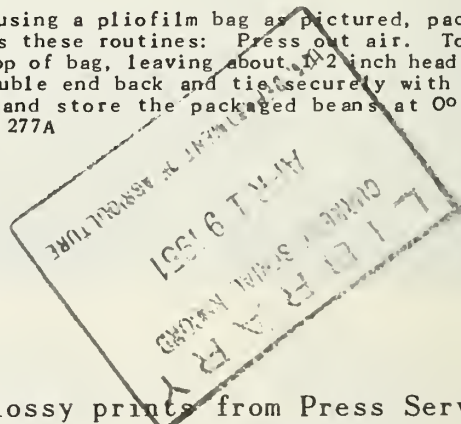
2. For preheating in boiling water, use a blanching kettle or fine wire basket that fits into a big covered kettle. Mrs. Parvin lowers about a pound of beans into the rapidly boiling water--at least a gallon--in the colander. The lid goes on, and she promptly counts 3 minutes heating time. 274A



3. After chilling beans in very cold water about 3 minutes, Mrs. Parvin drains the beans and starts packaging. One-half inch head space is needed to allow for expansion in freezing. 276A



4. If using a pliofilm bag as pictured, packaging includes these routines: Press out air. To seal, twist top of bag, leaving about 12 inch head space, then double end back and tie securely with twine. Freeze and store the packaged beans at 0° F. or lower. 277A



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